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October is Domestic Violence Awareness Month



FALL

Outspoken 2009

P.O. Box 192, 8 Mechanic Street, Dover-Foxcroft, Maine 04426

Administration: 207-564-8165 Fax: 207-564-7418

Helpline: (207) 564-8165 or 1-888-564-8165 (toll free)

WOMANCARE SELECTED AS AGENCY OF DISTINCTION, "TO THOSE WHO CARE"!

In early August, Judy Horan, General Manager at WLBZ Channel 2, placed calls to Carol Shoreborn and Cindy Freeman Cyr to share the good news of the choice of Womancare as this year's "Agency of Distinction"! This award is given annually by Channel 2 in association with the United Way of Eastern Maine and is part of "To Those Who Care" Awards. What a wonderful 30th Anniversary gift! Thanks to Carol Shoreborn and Angie Alfonso who pulled together the required information to support Womancare's nomination – well done! Members of the Womancare family will attend the Gala Reception on October 1st and Channel 2 will begin airing promotional spots about Womancare and other recipients prior to that date. On November 7, at 8:00 pm, the *2Those WhoCare* special airs on WLBZ. Stay tuned to Channel 2!

REMEMBERING THOSE KILLED BY VIOLENCE

The National Coalition Against Domestic Violence (NCADV), in conjunction with Ms. Magazine, started the "Remember My Name" project in 1994 to create a national registry of names to increase public awareness of domestic violence deaths. Since then, NCADV has continued to collect information on incidents of women who have been killed by an intimate partner and produces a poster each year for Domestic Violence Awareness Month listing the names of those submitted. Our project lists all murders in Maine, while highlighting the incidents of domestic violence homicides.

All victims deserve to be remembered.

COMMUNITY VIGILS

GREENVILLE-Tuesday, October 6th at 5:00 pm at the Gazebo

DOVER-FOXCROFT-Thursday, October 15th at 6:00 pm

Hutchins Hall; in memory of Vicki Burtchell

BROWNVILLE-Wednesday, October 21st at 6:00 pm,

United Methodist Church

DEXTER –Monday, October 26th at 6:00 pm– Abbott Memorial Library;

in memory of Treven Cunningham, Mindy Gould, and Melanie Bragg

Please join us in honor of all victims of domestic violence

Remember My Name

John Wheeler, 39

James Angelo, 27

Michael Roderick, 52

* Rosalie Shedd, 70

* Matteo Hanson, 17 months

James Cummings, 29

* Christopher Spampinato, 39

Scott Libby, 25

Sheldon Weinstein, 64

Fred Wilson, 50

Rachel Grindal, 27

* Joselyn Jones, 3 months

* Robert Morrill, 55

* Belinda Taylor, 43

* Zoe Sarnacki, 18

Frances Moulton, 25

Gage Greene, 19

Derek Greene, 21

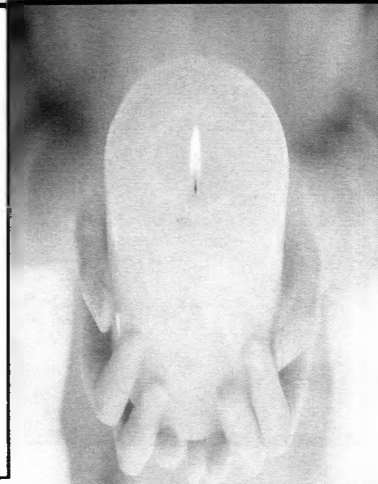
Roger Day, 48

Victor Sheldon, 22

Holly Boutilier, 19

* Janice McDonald, 80

*Domestic Violence



JUNE GRAND OPENING

It may have been a day of pouring rain outside, but it was a sunny New Day for the staff at Womancare who had waited eight years for the moment. The celebration marked its 30th anniversary and the day Womancare in Dover-Foxcroft officially opened its doors in its brand new building. It was a culmination of much hard work and dedication by its staff and partners.

"Sunnier days are to come," said one spokesperson, referring to the future of Womancare. Another added "Though this area of the state is poor, we are rich with support." Approximately 75 people turned out to celebrate and show their support on the special day. A Ribbon Cutting Ceremony and Open House was held.

Womancare serves over 450 individuals annually through programs that include a 24 hour helpline, individual advocacy, support groups, legal advocacy, transitional housing and short term emergency shelter. Many more community members participate in education programs throughout the year, including students in all five districts in the Womancare service area. This area encompasses all of Piscataquis County and southwestern Penobscot County.

USDA Rural Development reports that it is pleased to have been a partner in the effort, and has invested a total of \$480,000 in the facility.



WE ALL WIN IN THE "RACE TO END ABUSE"



**13TH ANNUAL
RACE TO END
DOMESTIC ABUSE**

Womancare's 13th Annual Race to End Domestic Abuse on Saturday, October 3rd at the Piscataquis Community Middle School in Guilford is the kick-off event to mark Domestic Violence Awareness Month. The Race and Walk offer fun opportunities for the whole family. All are invited to take the leisurely walk or compete in the 5 K runs along the river and enjoy the fall foliage in downtown Guilford. For those who do not wish to run or walk, a delicious Community Breakfast will be offered from 8:00-11:00 a.m. in the middle school cafeteria.

Registration begins at 8 a.m. in the lobby of the middle school. Staff and friends ask you to bring banners or posters to show your support of the work Womancare provides the Penquis region. The team that raises the most money will be recognized by the local media and win prizes, while promoting peace in the home.

ART IS IN THE HEART OF HEALING...PART II



Womancare is pleased to announce that we are currently offering "ART is in the Heart of Healing Part II." We have seven participants who have created sand art, painted clay pots and painted windows in their healing.

The group focuses on the journey of healing from traumatic experiences through artistic self-expression. Over the course of eight weeks, participants will identify strategies to gain empowerment and reclaim the power that was taken away from them in a safe, supportive environment. Each session provides an opportunity for self-exploration, education and the ability to connect with others.

SUBSTANCE ABUSE AND INTERPERSONAL VIOLENCE SUPPORT GROUP TO BEGIN SOON!

In September 2007, having been sober a total of two months, I attended a training "Advocating for Women with Mental Health & Substance Use Barriers: A Training for Domestic Violence Advocates. I have wanted to do a group for women who share these challenges ever since that time.. The trainer was a woman by the name of Patty Bland. She had extensive experience and training around both substance abuse and interpersonal violence. I was impacted by her down to earth way of speaking; she was almost matter of fact and totally without judgment. Yet, she was full of compassion and respect. At the end of the day she asked those who were comfortable doing so to stand if they had experienced any kind of substance abuse. I stood and it was the first time I publicly acknowledged my alcoholism. It felt good and it felt empowering.

I have been an advocate for victims of abuse for 20 years. My family of origin was full of alcoholism. Consequently, addiction was passed on to me and my children. So, you can probably see why I am passionate about these issues. I have also been doing groups for battered women for many years. The training showed me some of the struggles facing battered women with substance abuse issues and I saw a need for a group just like this.

I have seen miracles happen in support groups. There is magic when you are listened to in a non judgmental way, when you are believed, when you receive support, and when you can give support to others. One woman said to another woman in a group I was doing, "Are you sure we're not with the same man?" Those of us who have been victimized or have battled substance abuse know better than others the feelings of shame, guilt, remorse, fear, and worthlessness. Let's get together and change those feelings into empowerment, gratefulness, strength, confidence, and freedom.

"There is magic when you are listened to in a non judgmental way, when you are believed, when you receive support, and when you can give support to others."

This is a 16 week group and is free and confidential. Co facilitators include Katy Waitt, MSW, LCSW and Womancare staff. The group will begin Monday, September 28th meeting each Monday from 4 PM to 5:30 PM. Please call Womancare at 564-8165 to register for this great support group opportunity and connect with others facing similar struggles.

HARMONY CAMP: PROJECT SELF ESTEEM



Happy campers hamming it up for the photo shoot during Womancare's Harmony Camp 2009 in Guilford.

Area children, ages six to nine, gathered to have fun and build self-esteem at Harmony Camp: Project Self-Esteem once again this summer. The three day mini camp has been sponsored annually for the past 20 years by Womancare for the children of Piscataquis County. Camps offered in four of the school districts within the Womancare service area were attended by 62 children. Children who participated in the camps had the opportunity; to explore their own uniqueness, learned to recognize, understand and express emotions, identify ways of communication, understand the complexities of friendships and how to develop healthy relationships. Games, stories, songs and arts and crafts were used to explore everyone's uniqueness and build self-esteem. The success of Harmony Camp 2009 can be attributed to the incredible generosity of time, energy and resources of local agencies, community members and campers!! We would like to thank all of our wonderful adult and teen volunteers for their time, the Dexter Town Hall, Milo United Methodist Church, Guilford United Methodist Church, and Dover-Foxcroft Town Office Complex for use of their facilities, and the University of Maine's Cooperative Extension Service, Eat Well Program/Maine Nutrition Network, for providing activities and snacks that promote healthy eating.



RACE TO END DOMESTIC ABUSE

Saturday, October 3rd, 2009

Registration 8:00 a.m.

Walk and 5K Run Begin at 9:00 a.m.

Piscataquis Community Middle School

Blaine Ave., Guilford

Call 564-8165 For More Information

Family Walk

No Entry Fee

Earn Most Team Pledges;
Receive Special Recognition
(Call for Team Packet)

Pledges Earn Prizes:

\$25= T-Shirt (while they last)

\$100= Special Prize

Special Awards for
Top Pledge Earners



5K River Run

Entry Fee: \$15

(Pledges are Encouraged!)

Fast Wheel-Measured Courses

Prizes for 1st, 2nd, & 3rd Overall Male & Female Finishers

Medals for 1st & 2nd Place Male & Female in Each Age Division

Call For Registration; Pre-Registration Encouraged

5K Age Group Medals

10 and under

11-14

15-19

20-29

30-39

40-49

50-59

60+

T-Shirts to First 75 Entrants

All Participants May Enter in Random Prize Drawings



Community Breakfast

Piscataquis Community Middle School

8:00 a.m. to 11:00 a.m.

Pancakes, Eggs, Bacon, Bagels, Muffins, Fruit, Coffee, and More

\$5.00 per person or \$12.00 per family



Annual Speakout and Candlelight Vigils

GREENVILLE-Tuesday, October 6th at 5:00 pm at the Gazebo

DOVER-FOXCROFT-Thursday, October 15th at 6:00 pm

Hutchins Hall; in memory of Vicki Burtchell

BROWNVILLE-Wednesday, October 21st at 6:00 pm,

United Methodist Church

**DEXTER -Monday, October 26th at 6:00 pm- Abbott Memorial Library;
in memory of Treven Cunningham, Mindy Gould, and Melanie Bragg**

Proceeds go to Womancare, a community-based organization, working to end domestic violence in Piscataquis and southwestern Penobscot counties

Womancare/Aegis Association

P.O. Box 192

Dover-Foxcroft, Maine 04426

Non-Profit Organization

US Postage Paid

Dover-Foxcroft, Maine 04426

Womancare is open to walk-ins and appointments at our main office at

8 Mechanic Street in Dover-Foxcroft

Monday - Friday 8:00 a.m. - 4:00 p.m.

On-Going Services

Dover-Foxcroft Support Group

This support group meets in Dover-Foxcroft on Tuesdays from 1:00 p.m. to 2:30 p.m. to offer emotional support and education around the issues of abuse to women living with or affected by family violence.

Greenville Outreach

Appointments may be made by calling the main office at 1-888-564-8165.

Milo Outreach

Appointments may be made by calling the main office at 1-888-564-8165.

Regular hours each Tuesday at the Milo Town Office/Police Station every Tuesday

9 a.m. until noon.

Dexter Outreach

Appointments may be made by calling the main office at 1-888-564-8165.

Regular hours each Friday from 8:30 a.m. until noon at the Morrison Building on Main Street in Dexter.

On-Site Services

Lack of transportation can be an obstacle to receiving services. For your convenience and safety, appointments may be made at your place of business, school or other public facility.

Please call our office to discuss options most suitable to your situation.

Womancare Services

24 Hour Crisis Helpline

564-8165

1-888-564-8165 (toll free)

Temporary Emergency Shelter

Short-Term Crisis Intervention

Support Groups

Advocacy in Court Matters

Assistance with Protection from Abuse Order

Community Education

Transitional Housing

Children's Programming

Pro Se Legal Assistance

Information and Referral to Area Services

Pro Se Legal Assistance

Information and Referral to Area Services